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## Lichen simplex chronicus treated successfully with individualized homoeopathic medicine - An evidence based case report

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### Abstract

Lichen simplex chronicus is a persistent skin inflammation that results in thickening of the skin due to constant itching and scratching. This condition is a prevalent type of neurodermatitis that leads to a leathery skin texture, exposed areas, and the presence of skin patches and plaques. It serves as an indication of pruritic dermatosis, which may stem from psychological stress. The disorder greatly impacts the physical, emotional, and psychosocial well-being of the patient. This case report describes a 48-year-old male diabetic who sought treatment for extensive, thick, scaly, burning, and itchy eruptions on the middle of his left leg extending to the crural regions over the past four months and experienced significant improvement with personalized homeopathic treatment.

**Keywords:** Homoeopathy, pharmacy, lichen simplex chronicus, constitutional remedy, similimum

### Introduction

Lichen simplex chronicus is a type of chronic eczema characterized by single (occasionally several), itchy, lichenified plaques. Lichen simplex isn't a primary condition or illness; it is not the central issue here; rather, it stems from an underlying cause. Lichen simplex chronicus commonly occurs in individuals who suffer from anxiety disorders, depression, or general emotional stress, alongside those with any type of chronic dermatitis. Lichen simplex chronicus presents as skin that is thickened and leathery (lichenified) with varying degrees of scaling, resulting from continual scratching or rubbing. Many believe that LSC may have a psychosomatic basis. Those who tend to itch in response to emotional tension might be more prone to the itch-scratch cycle. It can also be linked to feelings of nervousness, anxiety, depression, and other psychological issues. The most affected areas are typically those that are easy to reach, such as the scalp, head, neck, hands, arms, and genital region. Lichen simplex chronicus has been estimated to affect roughly 12% of the population. Its highest occurrence is generally seen in individuals from middle to late adulthood, peaking around the ages of 30 to 50, likely due to increased stress during this stage of life. This condition is more common in females than in males, with a ratio of 2:1.

### Case presentation

A 48-year-old male patient visited the OPD on December 8, 2024, with complaints of a thick, scaly, burning, and itchy rash from the lower middle part of the left leg to the crural areas for the past four months, which worsened with continual activity and improved with warm applications.

### Generals (Physicals mental)

After the case review, it was determined that the patient was slender, thin, had a strong appetite and could not endure hunger; there was a craving for sweets, milk, and salty foods. The patient was experiencing a high temperature. His routine with the bowl was consistent. He was extremely irritable mentally, quick to anger, and displayed significant restlessness.

### Local examination

The inspection reveals a whitish scale that extends from the lower third of the left leg to the crural areas, with no swelling present and a shiny contour. A noticeable sticky secretion was present. Thickening and lichenification of the impacted region.

**Past history**

No history of any other systemic illness Family history  
Nothing significant found in family history Physical general

Appetite - Good.

Thirst - Good Tongue - Dry

Stool - Nothing Specific Urine - Nothing Specific Thermal - chilly patient.

**Mental generals**

Mentally he was very irritable and easily angered and he was very much restless.

**Repertorization**

Synthesis Repertory by Dr. Frederik Schroyens. Reportorial totality

1. Mind - anger - morning - waking; on
2. Mind - answering - difficult - emotion; from
3. Mind - answering - slowly
4. Mind - anxiety - evening - midnight; until
5. extremities - constriction - leg band; as if from
6. extremities - cracked skin - lower limb
7. Extremities - eruptions - itch - like
8. skin - burning - scratching; after amel.
9. Skin - skin - dry - burning
10. skin - itching - morning - waking; on

MIND		SKIN	
1 MIND - ANGER - morning - waking; on	⊗	8 SKIN - BURNING - scratching; after amel.	⊗
2 MIND - ANSWERING - difficult - emotions; from	⊗	9 SKIN - DRY - burning	⊗
3 MIND - ANSWERING - slowly	⊗	10 SKIN - ITCHING - morning - waking; on	⊗
4 MIND - ANXIETY - evening - midnight; until	⊗		
EXTREMITIES		Remedies	ΣSym ΣDeg Symptoms
5 EXTREMITIES - CONSTRICTION - L band; as if from a	⊗	sulph.	7 11 1, 3, 5, 6, 7, 9, 10
6 EXTREMITIES - CRACKED skin - Lower limbs	⊗	ars.	5 7 1, 3, 5, 7, 9
7 EXTREMITIES - ERUPTIONS - itch-like	⊗	phos.	4 8 1, 3, 5, 9
		lyc.	4 7 1, 3, 5, 9
		chin.	4 4 1, 5, 6, 9
		sul-ac.	4 4 1, 3, 5, 9
		alum.	3 6 3, 6, 9
		merc.	3 6 3, 6, 9
		calc.	3 5 6, 9, 10
		cocc.	3 5 3, 5, 9

**Repertorial analysis**

1. Sulphur 7/11
2. Arsenic album 5/7
3. Phosphorus 4/8

**Prescription:** 08/12/2024

Sulphur 200, BD, 6 doses for 7days PL, BD, 15 days

**1<sup>st</sup> Follow up:** 30/12/2024

Lesion shows healing changes, healthy tissues appeared. PL, BD, 15 days

**2<sup>nd</sup> Follow up:** 15/01/2025

Lesion healed up completely and she feels internal well being too.

No medicine prescribed, 20/11/2024



08/12/2024

15/01/2025

## Discussion

A 48 years old female patient comes to the OPD with the complain of Lichen simplex chronicus is one of the common forms of chronic neurodermatitis, in which the epidermis becomes hypertrophied as a result of habitual scratching and rubbing of the specific areas of the skin. It seriously affects the quality of life of the individuals due to the chronic itch conditions which deliberately leads to chronic pain, mood disturbances, loss of sleep and many other complications. Although it affects more than 10% of the general population, the limited research of pathogenesis, aetiology of the disease is making it more challenging to treat. The symptoms of itchiness, dryness, scaling, hyperpigmentation and thickening of the skin develop as a result of psychological component or secondary to eczema, psoriasis or other cutaneous disease conditions. Skin resembles the texture of a leather sheet and lichenification occurs followed by chronic scratching of the area. Homoeopathy deals with the individual's totality of the symptoms. The outwardly reflected picture of the diseased individual forms the fundamental basis of the disease formation. This case report describes the importance of single individualized constitutional Homoeopathic treatment in a case of Lichen simplex chronicus. Sulphur was prescribed according to the symptoms of the patient and after doing proper repertorization. Individualized case evaluation is done. Complete cure of the case is achieved after Homoeopathic individualistic treatment). Regular follow up also ensures that there was prescribed by referring to the Materia medica.

## Conclusion

Lichen Simplex Chronicus (LSC) is a persistent skin condition secondary to other chronic conditions; hence, it is as difficult to identify as it is to cure. In this context, this case report goes one step further in demonstrating the efficacious treatment of LSC with individualized homeopathic medicine without any adverse effects of drug reactions or recurrence of the disease symptoms.

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### How to Cite This Article

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